

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

--

--

1
Grilled Cheese Sandwich (V) or Turkey and Cheese Sandwich
Roasted Broccoli Applesauce

2
Pepperoni Pizza or All American Sandwich
Charro Beans Orange Smiles

3
Chicken Nuggets or Ham and Cheese Sandwich
Steamed Corn & Mashed Potatoes & Gravy Applesauce

Fresh Pick of the Month: Peas!

6
Hot Ham and Cheese Sandwich or Sunbutter & Jelly Sandwich (V)
Carrot Coins Orange Smiles

7
Cheese Ravioli (V) or Turkey and Cheese Sandwich
Roasted Broccoli Bananas

8
Pepperoni Pizza or All American Sandwich
Sweet Potato Fries Baked Cinnamon Apples

9
Crispy Chicken Nuggets or Ham and Cheese Sandwich
Green Peas & Carrots & Mashed Potatoes & Gravy Orange Smiles

10
Cheese Pizza (V) or Pinwheel Box
Mixed Vegetables Applesauce

Season fruit & vegetables offered daily on garden bar

13
No School

14

15
No School

16

17

(V) denotes vegetarian friendly item

20
Crispy Chicken Sandwich or All American Sandwich
Green Beans Orange Smiles

21
Cheese Pizza or Ham and Cheese Sandwich
Roasted Broccoli Bananas

22
Chicken Nuggets or Yogurt Parfait
Smiley Potatoes Applesauce

23
Cheese Quesadilla (V) or Turkey and Cheese Sandwich
Mexican Corn Orange Smiles

24
Pepperoni Pizza or Sunbutter and Jelly Sandwich
Carrot Coins Applesauce

Fat-free & low-fat milk offered daily

27
Cheeseburger or Ham and Cheese Sandwich
Roasted Squash & Zucchini Orange Smiles

28
Popcorn Chicken or All American Sandwich
Baked Beans Bananas

29
Italian Cheese Dippers w/ Marinara Sauce (V) or Pizza Bento Box
California Blend Vegetables Applesauce

30
Corndog or Turkey & Cheese Sandwich
Roasted Mixed Vegetables Orange Smiles

31
Pepperoni Pizza or Yogurt Parfait
Carrot Coins Applesauce

MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

National School Breakfast Week

Busy weekday mornings make it a challenge for many families and students to find time for a healthy breakfast. However, US Department of Agriculture data shows that more and more students are starting their days with a nutritious breakfast in their school cafeterias. The School Breakfast Program currently serves more than 14 million students every day. Studies show that students who eat school breakfast are more likely to:

- Reach higher levels of achievement in math
- Score higher on standardized tests
- Have better concentration, memory and alertness
- Have improved attendance, behavior and academic performance
- Maintain a healthy weight

National School Breakfast Week (NSBW) reminds the entire school community that school breakfast provides a healthy and energizing start to the day for all students. A healthy breakfast with the proper balance of nutrients is important for students of every age, but unfortunately as student's progress to middle and high school, participation in school breakfast programs tend to decrease. With greater demands in academics, extracurricular activities and sports, eating breakfast during the teenage years is one way to ensure students are getting the best education possible to inspire a bright future. Making breakfast a standard part of the day in elementary school helps establish a habit that is more likely to be sustained into adolescence.



Find out more about ensuring healthy meal choices and how to get involved with NSBW at www.liftoffsplayground.com

www.liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		March 1 Cereal or Poptart Juice Milk	March 2 Cereal or Muffin Juice Milk	March 3 Cereal or Breakfast Bar Juice Milk
March 6 Cereal or Breakfast Bar Juice Milk	March 7 Cereal or Cinnamon Roll Juice Milk	March 8 Cereal or Muffin Juice Milk	March 9 Cereal or Breakfast Round Juice Milk	March 10 Cereal or Breakfast Bar Juice Milk
March 13 No School	March 14	March 15 No School	March 16	March 17
March 20 Cereal or Breakfast Bar Juice Milk	March 21 Cereal or Muffin Juice Milk	March 22 Cereal or Poptart Juice Milk	March 23 Cereal or Breakfast Bar Juice Milk	March 24 Cereal or Muffin Juice Milk
March 27 Cereal or Breakfast Bar Juice Milk	March 28 Cereal or Muffin Juice Milk	March 29 Cereal or Mini Cinni Juice Milk	March 30 Cereal or Breakfast Bar Juice Milk	March 31 Cereal or Muffin Juice Milk

Fresh Pick Recipe

PEAS AND ORANGE SAUTÉ

- 2 tablespoons olive oil
- 1/4 cup sweet onion, small dice
- 5 cups peas, frozen
- 1/3 cup orange juice
- zest of 1 orange
- salt and pepper to taste

1. In medium sauté pan, add the oil and sauté the onions for 2 minutes.
2. Add the peas and orange juice and sauté for 3 to 5 minutes or until peas are tender.
3. Add salt and pepper to taste and then add the orange zest.